

## Running in Manchester

### Manchester YMCA Harriers

Y Club, Liverpool road, Castlefield, Manchester

Tuesday track training- Sportcity 6.30pm start

Thursday club night runs, suitable for all-Y club, Liverpool Road- 6.30pm start

Details available from club secretary, Kate Farrell [HYPERLINK](#)

"mailto:manchesterymcaharriers@hotmail.co.uk"

[manchesterymcaharriers@hotmail.co.uk](mailto:manchesterymcaharriers@hotmail.co.uk)

### Chorlton Runners

Have 2 open access runs per week; Tuesday evening at 18.30pm meeting at

Chorlton Library and Sunday morning at 9.00am meeting at Chorlton Water Park.

Please contact the club to register or for more information on 07900482096 or visit

[www.chorltonrunners.com](http://www.chorltonrunners.com)

### Winston Runners

Based in Wythenshawe, Manchester, the Winston Runners are a running club of 100+ members of mixed age and ability (from beginners to experienced athletes). The club meets three times a week for social and friendly training sessions supervised by one of our club coaches. Our coaches ensure that training suits your ability and help you achieve your goals.

For those who are a little more competitive, we encourage our runners to represent the club in local, national and international races. So whether you are looking to keep fit or train for a Marathon, then we are the club for you. Should you have any further questions about joining or any other aspect of the Winston Runners, then please feel free to contact us. For any enquiries please email: [HYPERLINK](#)

"mailto:matmalone69@yahoo.co.uk" [matmalone69@yahoo.co.uk](mailto:matmalone69@yahoo.co.uk)

### Manchester FrontRunners

is part of International Frontrunners, a network of gay and lesbian running clubs all over the world.

Thursday evening, all abilities, Sugden Sports Centre, 114 Grosvenor Street, 7pm

Saturday mornings, all abilities, The main gates Trafford AC Track, 10am

**email:** [HYPERLINK](#) "mailto:info@manchesterfrontrunners.org"

[info@manchesterfrontrunners.org](mailto:info@manchesterfrontrunners.org) **phone:** 07813 336 445 (Nick, co-chair)